



Serves: 4

# Mixed Rice Braised Cabbage Rolls

## Ingredients

- 320g of unpolished healthy mixed rice\*, cooked
- 1 round cabbage
- 80g of chicken, minced
- 1 red capsicum, diced
- 1 green capsicum, diced
- 2 cloves of garlic, chopped
- 10g of spring onions, chopped
- 1.5L of chicken broth\*
- 2 tbsp of cornstarch
- Salt and pepper to taste

## Method

- Cut off the cabbage stem.
- Blanch the whole cabbage in a pot of boiling water.
- Remove the outer layers of the cabbage leaves once they turn soft. Put the remaining cabbage back in the boiling water.
- Place the removed cabbage leaves in ice water.
- In a heated pan, saute garlic and minced chicken, followed by the chopped capsicums.
- Mix chicken and capsicums with the cooked rice.
- Drain the cabbage leaves.
- Place 1½ tablespoons of the rice mixture on the cabbage leaf and roll it up like a spring roll.
- Braise the cabbage roll in the simmering chicken broth for 10 mins.
- Thicken the stock with cornstarch. Season with chopped spring onions. Serve and enjoy!



\*Choose products with the Healthier Choice Symbol.

